

Available Resources

- **8 ½ x 11 Educational Handouts**

- Target Heart Rate Sheet
- Exercise Log Sheets
- Major Muscles of the Body

- Plan of the Day Notes for Physical Fitness

- Navy Physical Fitness Presentations (MWR & NEHC)

- Navy Exercise Planning Guide

Stretching Program

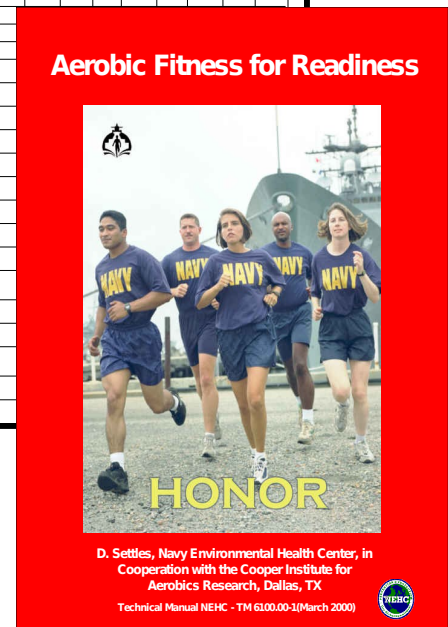
Note: _____
Exercise Log Sheet: _____

Realistic Exercise Schedule (days per wk/time per workout)

- Warm up 3-5 minutes before stretching
- Stretch to a point of mild tension
- Prevent bouncing movement when stretching
- Hold each stretch for 10 to 30 seconds
- Repeat each stretch 3 to 5 times

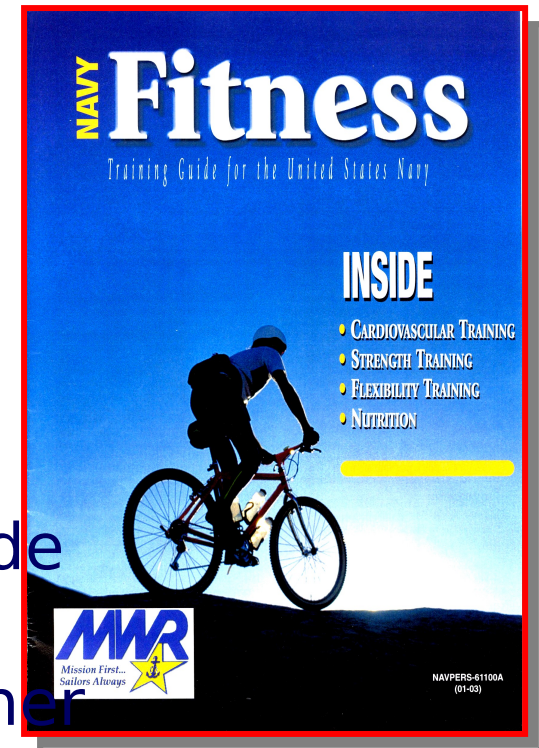
Back Stretch Upper Back Stretch Chest & Biops Stretch Hamstring Stretch Quadriceps Stretch Calf Stretch Butterfly/Groin Stretch Lower Back Stretch Back Extension Stretch

Stretch	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Neck Stretch											
Upper Back Stretch											
Triceps Stretch											
Chest & Biops Stretch											
Hamstring Stretch											
Quadriceps Stretch											
Calf Stretch											
Butterfly/Groin Stretch											
Lower Back Stretch											
Back Extension Stretch											



Available Resources

- **8 ½ x 11** Educational Handouts
 - Contraindicated Stretches
 - Recommended Stretches
- Navy Peak Performance Manual
- **Ordering information** for:
 - **NEW!** MWR Fitness Training Guide
 - Navy Physical Activity Posters
 - 4"x5" Pocket Navy Exercise Planner
 - Pre-Entry Training Plan
 - Navy Wellness Implementation Manual



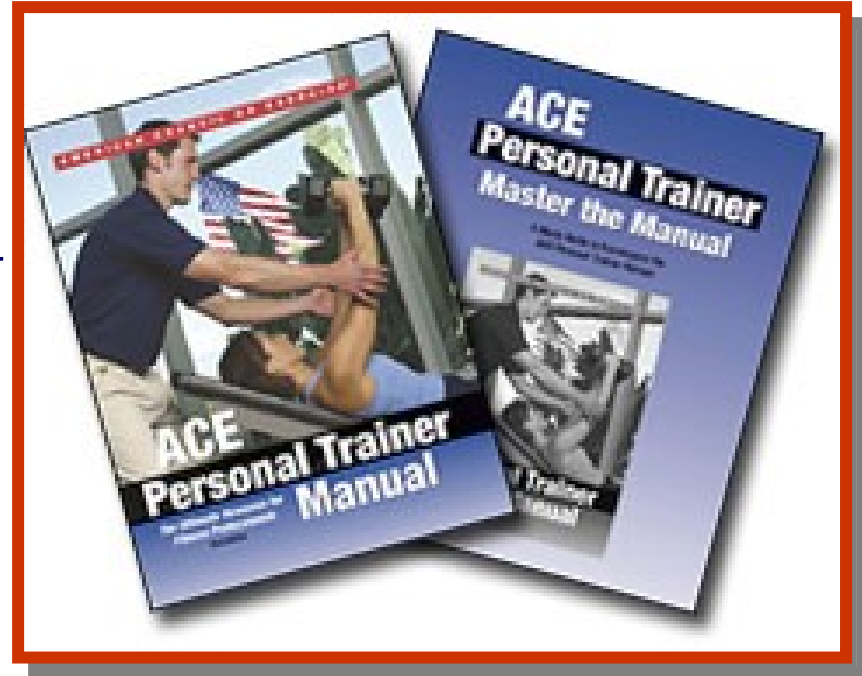
Suggested Reading

American Council on Exercise
Personal Trainer Manual

<http://www.acefitness.org>

Go to ACE Store

The resource
for fitness professionals!



Suggested Reading



Fitness Leader's Handbook **By** **Human Kinetics**

ISBN: 0-88011-654-4

To Order:

<http://www.humankinetics.com>

Or call
1-800-747-4457

